

Couscous, Roasted Veg Salad & Brazil Nut Pesto



Serves 4

Prep 15 mins

Cooking 1h

Easy

Ingredients

Roasted Vegetable Salad

4 large carrots, roughly chopped
1 large red pepper, roughly chopped
2 handfuls of cherry tomatoes or 4 large tomatoes, halved
1 large onion (red for colour), roughly chopped
1 tbsp oil
a handful of fresh herbs, such as thyme, rosemary or 2 tbsp mixed dried herbs
fresh leaves, such as rocket, lambs lettuce & watercress, to serve
sea salt & black pepper

Brazil Nut Pesto

12 Brazil nuts
3 large handfuls of fresh basil (stalks & all if you're using a blender)
300 ml extra virgin olive oil
4 tbsp lemon juice or 2 tbsp apple cider vinegar

Couscous

1. Preheat the oven to fan 200°C/Gas mark 7
2. Lay the roughly chopped vegetables in a single layer on a large roasting tray, sprinkle with salt and pepper and sprinkle over the oil. Scatter over the herbs
3. Roast for 30–40 minutes or until the veg is tender (pierce with a knife to check). Halfway through the roasting time, use a wooden spatula to turn the veg
4. Meanwhile, make the pesto. Blitz everything together in a food processor or with a hand blender (the more nuts you add, the thicker and creamier your pesto will be, but if you want it thinner, add more oil and lemon juice). Alternatively, grab a sharp knife and finely chop the garlic, basil and nuts, then whisk with the olive oil and lemon juice. Season to taste
5. Bring the broth to the boil in a pan, add your couscous and cook for 2 mins
6. Combine the couscous and roasted veg in a big serving bowl, toss in your pesto and then the fresh salad leaves. Or, if preferred, serve your fresh salad leaves on the side with a little lemon juice and olive oil.